

Academic Advising

One of the most common complaints with advising/mentoring programs has been the need for a standardized curriculum. The following section of the Advising Toolkit offers you a curriculum framework of activity pages that can be used with your program. The activity pages were developed at KDE by a cross agency group of experts from the field that included school counselors, health and wellness coordinators, certified teachers, postsecondary representatives and members of the business community.

The activities are developed around the same three domains of the American School Counselor's Association's standards: Academic, Career and Personal/Social. The activity pages give step by step guidance (often right down to the actual scripting) for advisors to use with their students. Some of the activities required computer access, but many do not. In some cases where technology is required, one computer with an LCD projector would suffice for allowing students' appropriate access as all students could view the site at one time. In other cases, printing an article from the website rather than requiring all students to view the article online would also suffice.

Activity #	Title	Topic
A-1	College Night	College Awareness, AP, Dual Credit
A-2	Education Beyond High School	Scholarships, College Search, KHEAA
A-3	Excuses NOT to Go to College	College Awareness, Financial Concerns
A-4	High School vs. College	College Awareness,
A-5	Academic Goal Setting	Goal Setting, SMART goals,
A-6	Academic Study Skills	College Awareness, Learning Styles, Study Skills

Activity A-1: College Night

Overview:

Many schools host college nights for parents and students to become familiar with local colleges and their expectations. This is helpful in informing both parents and students on the possibilities available for postsecondary education and training.

Procedure/Guidelines:

1. Consider hosting one or more college nights to educate students AND parents in areas such as the benefits of Advanced Placement (AP) or dual credit, benefits of attending college, ways to pay for college, choices of avenues for achieving postsecondary education.
2. Include in the meeting:
 - a. Invite seniors taking AP or dual credit to discuss pros and cons for taking advanced courses
 - b. Invite former students who are now attending college to discuss challenges and barriers, shed light on college life, answer questions, etc.
 - c. Invite college recruiters to discuss with students what is needed for acceptance into the college of their choice
 - d. Invite your regional Kentucky Higher Education Assistance Authority ([KHEAA](#)) outreach counselor to discuss planning and financing for college. (See [KHEAA Outreach Presentation Guide](#) for counselor contact information and workshop options and descriptions.)
 - i. Refer students and parents to KHEAA's Getting In, Affording Higher Education and The College Circuit publications, available from your regional counselor or on [the KHEAA website](#).
 - ii. Encourage families to create a ZIPAccess account on [the KHEAA website](#) and request a free College Cost and Planning Report from KHEAA. This personalized report allows students to compare up to six colleges nationwide and to receive an individual estimate of the student financial aid that they may expect to receive at each institution.
3. You may improve attendance and reach more parents and students by:
 - a. Offering these meetings more than once, at different times or on different nights
 - b. Giving door prizes and offering refreshments
 - c. Recording the meeting and put it on the web for parents and students who couldn't make it to the meeting

Resources:

[KHEAA](#)

Activity A-2: Education Beyond High School

Overview:

Data shows that most available jobs require education beyond a high school diploma. Therefore, it is extremely important to get students thinking about postsecondary education early in their high school careers or earlier. Students can use the [My Next Move website](#), or other career search websites to help choose career interests. There are also many other resources available to help students decide the path they want to take. It is important for students to understand their options when choosing their postsecondary pathways.

Procedure/ Guidelines:

Have students match their career interests with a postsecondary pathway by:

1. Exploring colleges that offer a program to support the student's career interest using the [CollegeNavigator website](#). Once schools are selected students can review academic requirements and student life options. Students may also want to review the college for their credit transfer options for Dual Credit, Advance Placement and Dual Enrollment.
2. Helping students select the academic programs that best suit them as individuals by clicking on the blue "schools" button at the top of the screen, then click on "school selector" where students will answer a series of questions to see a list of colleges that match their expectations.
3. Research scholarships related to the student's area of interest on a scholarship search website such as [FastWeb](#).
4. Increase students' knowledge of college costs, KEES awards and methods for obtaining financial aid by having students create a KHEAA account at KHEAA.com. Invite your regional KHEAA outreach counselor to discuss early planning and financing for college (see [KHEAA Outreach Presentation Guide](#) for counselor contact information workshop options and descriptions).

Resources:

[KHEAA](#)

[FastWeb Scholarship Search](#)

[My Next Move](#)

[CollegeNavigator](#)

Activity A-3: Excuses NOT to Go to College

Overview:

Many students, especially those students who will be the first in their families to attend college (often called “first-generation students”), will have many excuses why they should not pursue a college education. While these arguments may be legitimate, students are often intimidated by the idea of going to college when they are actually very capable, or are just uninformed.

Procedure/Guidelines:

1. Have students list the top five reasons they think students have for not attending college.
2. Have a few students read through their list, one by one.
3. If they list any of the same reasons another listed, both students have to cross those reasons off their list.
4. After a few students share their list, ask if anyone has other reasons that haven’t been given yet.
5. The student with the most unique answers wins the game (and a small prize if you have one).
6. Next, share the Imagine America Foundation’s article, [Top Five Reasons Students Don't Want to Attend College](#) (*a printable version of the article is included on the next page*) and discuss the solutions that the article provides. You can read the article aloud or have students read the article to themselves.
7. Students and parents can visit the [Kentucky Higher Education Assistance Authority](#) (KHEAA) the [No Excuses](#) article in the [Planning for College](#) section of [the KHEAA website](#) to learn about resources from the Kentucky Higher Education Assistance Authority (KHEAA).

Help students brainstorm ideas to overcome their reasons for not pursuing college.

Resources:

[KHEAA](#)

[Imagine America Foundation](#)

Top Five Reasons Students Don't Want to Attend College

by Imagine America April 5, 2017

Each year, many students across the country decide not to seek higher education after high school. A number of these students have to overcome many obstacles before deciding to attend college. Some of the reasons students decide not to go to college are:

- No one in their family has gone to college;
- They didn't do well in high school, so they think college will be too hard;
- They don't know how to choose a college;
- They think they won't fit in; or
- They think they can't afford college.

No One in Their Family Has Gone To College

As the first person in their families to attend college, these students often do not know where to start, how to apply, what school to go to or how to finance their education. Out of sheer frustration, these students may just give up. Guidance counselors can give students hope, encouragement and help them decipher the application process. Additionally, career college admissions representatives will walk the student through the entire application process from start to end. At the very least, counselors and college representatives will be able to get the student started on the right track.

They Didn't Do Well in High School, So They Think College Will Be Too Hard

Getting through college can be easier with a few helpful hints. First, a student should know their study habits and learning styles. This will be key to their success in college. Some common bad study habits are: poor time management, poor study environment and cramming. Overcoming these habits will help students succeed in college. Most career colleges also offer free tutoring to their students or group study sessions.

They Don't Know How To Choose A College

The key points students should focus on when searching for a college are: program of study, location, cost, student services, and retention and graduation rates, just to name a few. First, students should list their priorities and from there, they can start the research process. The Internet can be a useful tool when researching schools. Many college resources on the Internet give students the ability to search by different items, such as location or program of study. However, this should not be their only college research resource. After they have narrowed down their list, they should contact the schools for additional information. Finally, a tour of the campus and a visit with an admissions representative will make the final decision easier for students.

They Think They Won't Fit In

Students making that transition from high school, where they knew the same people for years, to a different school with people they don't know can be scary. Diverse groups of people can be found at career colleges, and on top of that, many schools offer social activities where students can meet new people. Students should also be encouraged to get involved in academic activities, such as student government or the college newspaper, where they will find smaller groups to bond with.

They Think They Can't Afford College

Numerous students think they can't afford to go to college and this often deters them from even considering it. However, a large percent of students in college receive some type of financial aid. Additionally, there are several different types and sources of financial aid. There are grants, loans, work-study and scholarships. Grants, work-study and scholarships do not have to be repaid and therefore are the best source of financial aid. While federal loans have to be paid back, they have a low interest rate and can be paid back over a long period of time. This can all be confusing to students, but the college's financial aid office will be able to help students sort through the different types of financial aid.

For more resources, visit the [Imagine America Foundation's website](http://www.imagine-america.org/inside-imagine-america-newsletterspring-2007featured/).

Imagine America Foundation. (2017, April 5). Top Five Reasons Students Don't Want to Attend College. Retrieved from <https://www.imagine-america.org/inside-imagine-america-newsletterspring-2007featured/>

Activity A-4: High School vs. College

Overview:

Many high school students do not understand how education can be different after high school. On the other hand, others may resist pursuing education after high school because they don't know what to expect. Understanding how the system of higher education works is just as important as having the academic preparation for college.

Procedure/Guidelines:

Eastern Kentucky University (EKU) has developed [a guide](#) (scroll down to Academic Skills- It's the first doc) to help students better understand the differences between high school and college. This will guide students in making decisions about pursuing education after high school, and help them understand skills they need to work on while still in high school.

The guide discusses differences in:

- Personal Autonomy
- College Classes
- College Teachers
- Studying and Test-taking
- Grades and Grading and Credits
- College Advisers

Advisors should lead students through this guide (either provide each student a printed copy, or bring up the link and show it to the whole group of students). Read through and discuss the material with students, providing your own examples from your own life if possible as you progress through the material.

Activity A-5: Academic Goal Setting

Overview:

Setting goals is something that many of us take for granted. However, students need to learn to set goals for themselves in all areas of their lives. Setting goals in the academic arena is especially important and sometimes difficult for students to realize.

Procedure/Guidelines:

Below are some suggestions and resources to assist students with goal-setting:

- Talk about the difference between short-term and long-term goals (with examples)
- Discuss SMART goals (Specific, Measurable, Attainable, Realistic, Timely)
- Have students start with small academic goals (e.g., getting a B average on the next two quizzes in history) and actually write two short term goals for themselves. Have them consider the next six months to a year and write one long term goal.

Resources:

[How to Teach Children Goal Setting With Fun Activities](#)
[KHEAA](#)

Activity A-6: Academic Study Skills

Overview:

Many students do not exhibit true study skills, regardless of grades and test scores. These are skills that can sometimes be deemed unnecessary for some students in high school, but will be vital to success in education after high school.

Procedure/Guidelines:

Discuss some differences between high school and college, along with skills that may help ease that transition and aid students in being more successful in college. Although there are more, below is a list of study skills that all students should be familiar.

Learning styles

- a. We all learn in different ways. Some students learn better by seeing, some by doing, some by hearing, and some students need a combination of modes of representation.
- b. Use an online quiz like the [Learning Style Assessment at How-To-Study.com](#) to determine students' learning preferences, or for a printable learning style assessment, download the [Learning Styles Inventory](#) from the West Virginia Department of Education.
- c. After students have determined their learning preference, have them read through the information on study practices that will be most beneficial for their learning style.
- d. It is important to remember that some students may have different learning preferences for different subjects and different situations.

Resources:

[Note-Taking Strategies and Skills](#)

[Cornell Notes](#)

[How To Study](#)

[How To Study: A Brief Guide](#)

[Cooperative and Collaborative Learning Strategies](#)

[Learning Style Assessment at How-To-Study.com](#)

[Printable Learning Styles Inventory from West Virginia Department of Education](#)